

FREEDOM LABYRINTH PATH

A THERAPEUTIC WALKING MEDITATION

JOIN THE VA ON A RELAXATION AND STRESS REDUCTION JOURNEY. . .



WHAT: The Freedom Labyrinth Path

WHEN: Schedule varies so please check with Ms. Brenda Jasper at (202) 745-8000 ext 6234 for exact dates and times.

WHERE: 4th Floor Auditorium

WHO: Veterans, Staff, and Visitors

- The labyrinth is a place to slow down, relax, reflect, and relieve stress which can be therapeutic.
- You walk at your own pace, in your own manner.
- It takes about 15 minutes to half an hour to walk the labyrinth.
- You can't get lost and no experience is necessary!
- The path winds in a circular pattern towards a midpoint, one way in and the same way out.

MINDFUL WALKING OF THE LABYRINTH IS AN ANCIENT TRADITION THAT CROSSES MANY ETHNIC, CULTURAL, SOCIO-ECONOMIC, EDUCATION, AND AGE BACKGROUNDS.

Sponsored by: Washington DC VA Medical Center's **War Related Illness and Injury Study Center (WRIISC)** and **Planetree – The Flagship Experience**

